



## The Brave Athlete: Calm the F\*ck Down and Rise to the Occasion

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By Simon Marshall, Lesley Paterson

Tantor Media, Inc, United States, 2017. CD-Audio. Condition: New. Unabridged edition. Language: English . Brand New. The Brave Athlete solves the thirteen most common mental conundrums athletes face in their everyday training and in races. You don t have one brain-you have three; your ancient Chimp brain that keeps you alive, your modern Professor brain that navigates the civilized world, and your Computer brain that accesses your memories and runs your habits (good and bad). They fight for control all the time and that s when bad things happen; you get crazy nervous before a race, you choke under pressure, you quit when the going gets tough, you make dumb mistakes, you worry about how you look. What if you could stop the thoughts and feelings you don t want? What if you could feel confident, suffer like a hero, and handle any stress? You can. The Brave Athlete from Dr. Simon Marshall and Lesley Paterson will help you take control of your brain so you can train harder, race faster, and better enjoy your sport. Dr. Marshall is a sport psychology expert who trains the brains of elite professional athletes. Paterson is a three-time world champion triathlete and coach....



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